



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

Your state's school health policies:  
[nasbe.org/HealthySchools/States/State\\_Policy.asp](http://nasbe.org/HealthySchools/States/State_Policy.asp)

Living with a food allergy requires vigilance, which is easier to achieve when people around you understand the precautions that must be taken. The following activities will help educate your students about food allergies and what it means to have one.

## Related KidsHealth Links

### Articles for Teens:

#### Food Allergies

[TeensHealth.org/teen/food\\_fitness/nutrition/food\\_allergies.html](http://TeensHealth.org/teen/food_fitness/nutrition/food_allergies.html)

#### Food Allergies: How to Cope

[TeensHealth.org/teen/diseases\\_conditions/allergies\\_immune/food\\_allergy\\_coping.html](http://TeensHealth.org/teen/diseases_conditions/allergies_immune/food_allergy_coping.html)

#### My Friend Has a Food Allergy. How Can I Help?

[TeensHealth.org/teen/your\\_mind/friends/helping\\_allergies.html](http://TeensHealth.org/teen/your_mind/friends/helping_allergies.html)

#### Milk Allergy

[TeensHealth.org/teen/food\\_fitness/nutrition/milk\\_allergy.html](http://TeensHealth.org/teen/food_fitness/nutrition/milk_allergy.html)

#### Egg Allergy

[TeensHealth.org/teen/food\\_fitness/nutrition/egg\\_allergy.html](http://TeensHealth.org/teen/food_fitness/nutrition/egg_allergy.html)

#### Nut and Peanut Allergy

[TeensHealth.org/teen/food\\_fitness/nutrition/nut\\_allergy.html](http://TeensHealth.org/teen/food_fitness/nutrition/nut_allergy.html)

#### Shellfish Allergy

[KidsHealth.org/teen/food\\_fitness/problems/shellfish\\_allergy.html](http://KidsHealth.org/teen/food_fitness/problems/shellfish_allergy.html)

#### 5 Ways to Be Prepared for an Allergy Emergency

[TeensHealth.org/teen/diseases\\_conditions/allergies\\_immune/allergy\\_emergency.html](http://TeensHealth.org/teen/diseases_conditions/allergies_immune/allergy_emergency.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. A person can be allergic to any food, but eight foods cause most allergic reactions. Can you name them?
2. A food sensitivity (such as lactose intolerance or gluten sensitivity) is not the same as a food allergy. How are they different? What are the symptoms of a food allergy?
3. The most severe food allergy reaction is called anaphylaxis. Describe what happens during anaphylaxis and why it requires immediate action.
4. Name some precautions people with food allergies need to take every day. What kinds of hazards might places like cafeterias, restaurants, or even a neighbor's kitchen pose to someone with a food allergy?
5. How can you support a friend with a food allergy?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### It Takes a Village

#### Objectives:

Students will:

- Create a presentation that shows their understanding of food allergies
- Identify ways to be more sensitive to people with food allergies

#### Materials:

- Computer with Internet access

#### Class Time:

- 1 hour

#### Activity:

(Note to instructor: Students may complete this activity in groups or individually.)

For the purposes of this activity, you're a counselor at a camp that recently adopted a nut-free policy to protect several new campers with severe peanut allergies. Unfortunately, not all the other campers have been so eager to part with their PB&Js, and you've heard some grumbling at the dining hall. It's clear that this group needs to be educated about how serious, even life-threatening, food allergies can be and why working together is the only way to keep everyone safe. Using the articles at TeensHealth for research, create a presentation about food allergies that covers these five topics:

1. what happens on a cellular level during food allergy reactions
2. physical symptoms of reactions (make sure to include the most serious reaction, anaphylaxis)
3. precautions people with food allergies must take every day
4. how to support friends with food allergies
5. what to do in emergencies

Be thorough enough in your research to be able to have a question-and-answer session with your audience after the presentation.

#### Extension:

Your presentation went so well that the camp director asked you to give it again, this time to the campers' parents. Afterward, one parent says, "My child has eaten peanut butter for lunch every day for years. His rights are being infringed by this ban." What would you say to this parent? If time permits, hold an in-class debate between a student portraying this parent and a student portraying the parent of a child with a life-threatening food allergy.



## Looking Out for Leo

### Objectives:

Students will:

- Examine food labels for egg, nut, and peanut allergens

### Materials:

- Computer with Internet access
- “Looking Out for Leo” handout
- Pencil or pen

### Class Time:

- 30 minutes

### Activity:

This afternoon, you’re going to be babysitting Leo - a mischievous toddler with brown eyes, curly hair, and a serious allergy to eggs, nuts, and peanuts. His mom always brings safe snacks for him, and you’d never give him anything she hasn’t approved, but lately you’ve been wondering: How many foods in your kitchen would be dangerous if Leo got his hands on them? You decide to do a spot check. Choose five foods in your pantry or refrigerator at home. Read the labels carefully, noting any ingredients that would pose a threat to Leo. (Remember, eggs can appear on an ingredient list under other names, such as albumin or globulin, and peanuts can hide under names like hydrolyzed vegetable protein and lecithin. Use the Foods to Avoid handouts for eggs [[TeensHealth.org/teen/misc/eggallergy\\_cutout.html](http://TeensHealth.org/teen/misc/eggallergy_cutout.html)] and nuts [[TeensHealth.org/teen/managing\\_care\\_center/tools/nutallergy\\_cutout.html](http://TeensHealth.org/teen/managing_care_center/tools/nutallergy_cutout.html)] to double check ingredients, and be sure to check all packages for factory cross-contamination info.) Record your findings on the worksheet, and include five healthy alternatives that Leo can enjoy safely.

### Extensions:

1. Tomorrow you’re taking Leo out to eat. With another student, role-play the conversation you’ll need to have with the waiter at the restaurant. What information do you need to convey? What questions will you ask?
2. Pick a common food allergen and challenge yourself not to eat it for 1 week. Read food labels, ask friends what’s in a homemade food, etc. Afterward, write down your reflections about the experience. Was it easier or more difficult than you thought?

## Reproducible Materials

### Handout: Looking Out for Leo

[KidsHealth.org/classroom/9to12/problems/conditions/food\\_allergies\\_handout1.pdf](http://KidsHealth.org/classroom/9to12/problems/conditions/food_allergies_handout1.pdf)

### Quiz: Food Allergies

[KidsHealth.org/classroom/9to12/problems/conditions/food\\_allergies\\_quiz.pdf](http://KidsHealth.org/classroom/9to12/problems/conditions/food_allergies_quiz.pdf)

### Quiz: Food Allergies

[KidsHealth.org/classroom/9to12/problems/conditions/food\\_allergies\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/9to12/problems/conditions/food_allergies_quiz_answers.pdf)



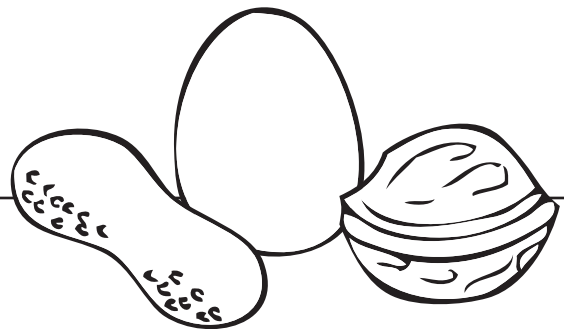
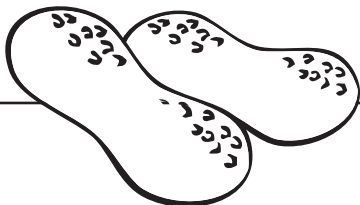
Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Looking Out for Leo

Instructions: Read the TeensHealth.org articles on food allergies, then find five food labels at home that contain an egg, peanut, or nut allergen. Be sure to recommend five healthy, allergen-free alternatives, and attach the labels to this sheet.

1. Food: \_\_\_\_\_  
Allergen(s)? \_\_\_\_\_  
Allergen-free alternative: \_\_\_\_\_
  
2. Food: \_\_\_\_\_  
Allergen(s)? \_\_\_\_\_  
Allergen-free alternative: \_\_\_\_\_
  
3. Food: \_\_\_\_\_  
Allergen(s)? \_\_\_\_\_  
Allergen-free alternative: \_\_\_\_\_
  
4. Food: \_\_\_\_\_  
Allergen(s)? \_\_\_\_\_  
Allergen-free alternative: \_\_\_\_\_
  
5. Food: \_\_\_\_\_  
Allergen(s)? \_\_\_\_\_  
Allergen-free alternative: \_\_\_\_\_





Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

1. List three common food allergens.

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2. List five possible reactions to these allergens.

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3. A food intolerance or food sensitivity can cause someone to feel ill. Food allergies can make someone feel ill, and cause a \_\_\_\_\_ reaction.

4. This chemical is released by the body during a food allergy reaction, causing symptoms that may affect the eyes, nose, throat, lungs, skin, or gastrointestinal tract: \_\_\_\_\_.

5. Describe one of the ways doctors determine if a reaction is caused by a food allergy.

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6. Is it possible to outgrow a food allergy?

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7. This type of food allergy is the one most likely to develop later in life.

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8. List three steps people with food allergies need to take to keep themselves safe.

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9. A severe reaction that can result in swelling of the airways, serious breathing difficulties, and, in some cases, death is called: \_\_\_\_\_.

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10. A medication that can save the life of a person experiencing a severe food allergy reaction is called: \_\_\_\_\_.

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## Quiz Answer Key

1. List three common food allergens.  
*Any three of the following: peanuts, tree nuts, eggs, soy, wheat, milk, seafood (fish and shellfish).*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. List five possible reactions to these allergens.  
*Any five of the following: rash or hives, runny nose, diarrhea, tightness in the throat, coughing, hoarse voice, wheezing, nausea, vomiting, stomach pain, tingling tongue or lips, anaphylaxis.*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. A food intolerance or food sensitivity can cause someone to feel ill. Food allergies can make someone feel ill, and cause a life-threatening reaction.
4. This chemical is released by the body during a food allergy reaction, causing symptoms that may affect the eyes, nose, throat, lungs, skin, or gastrointestinal tract: Histamine.
5. Describe one of the ways doctors determine if a reaction is caused by a food allergy.  
*Any one of the following: In a blood test, blood is drawn and exposed to an allergen to determine if antibodies are formed against the allergen. In a skin test, pricks are made on the skin and exposed to a liquid extract of the allergen – if the area gets red and raised, it's an allergic reaction.*  
\_\_\_\_\_
6. Is it possible to outgrow a food allergy?  
*Some allergies can be outgrown, especially those to milk, eggs, wheat, and soy. Peanut, tree nut, fish, and shellfish allergy are less likely to be outgrown.*  
\_\_\_\_\_
7. This type of food allergy is the one most likely to develop later in life.  
*Fish and shellfish allergy.*  
\_\_\_\_\_
8. List three steps people with food allergies need to take to keep themselves safe.  
*Any three of the following: read food labels, know about cross-contamination, carry their own food and snacks, always ask how food is prepared in restaurants, be extra careful in unpredictable places like cafeterias and food courts, carry an EpiPen (if prescribed by a doctor), talk to teachers and friends about their allergies so they can offer help and support.*  
\_\_\_\_\_
9. A severe reaction that can result in swelling of the airways, serious breathing difficulties, and, in some cases, death is called: anaphylaxis.
10. A medication that can save the life of a person experiencing a severe food allergy reaction is called: epinephrine.